

CASH-VALUE VOUCHER

NEW JERSEY WIC SERVICES
 Payable Through: FSMC
 An Affiliate of Security State Bank
 Howard Lake, MN 55349

75-1248
919

AUTHORIZED REPRESENTATIVE OR
PROXY SIGN HERE IF AMOUNT ALTERED

36365174

WIC ID NO: 123456789

NAME OF PARTICIPANT: Momma Leone

FI TYPE: WIC

PROG/SITE: 17/26/01

FIRST DAY TO USE: October 10, 2009

LAST DAY TO USE: November 10, 2009

FOR PURCHASE OF APPROVED ITEMS ONLY SEE LIST NO SUBSTITUTIONS ALLOWED

01 Fruits and Vegetables
Excluding: White Potatoes, Herbs

NOT TO EXCEED \$6.00

XXX END OF ORDER XXXX

Pay to the order of:

Corrected \$ Amount:

VENDOR: FILL IN \$ AMOUNT BELOW

\$

Payment denied without stamp

Must Deposit By: December 10, 2009

PARTICIPANT: DO NOT SIGN UNTIL TIME OF PURCHASE

Momma Leone

- 1: Approved Food Items for this voucher
- 2: Not to Exceed Amount for this voucher
- 3: First Day to Use
- 4: Last Day to Use
- 5: "Vendor" Must Deposit By Date
- 6: Sign Here at time of purchase

If you buy more than the value of the voucher,
you may pay the difference with any other
form of payment.

Use this Cash-Value Voucher the same way that
you use your WIC check.

H5499

NEW JERSEY WIC PROGRAM CASH-VALUE VOUCHER



Can only be used to buy
fresh, canned and frozen
fruits and vegetables at WIC
approved grocery stores
OR
Can only be used to buy
fresh fruits and fresh
vegetables from certified
farmers



This institution is an equal opportunity provider.



ACCEPTABLE CASH-VALUE VOUCHER FOOD LIST

FRESH FRUITS AND VEGETABLES

ALLOWED:

- Any variety of fresh, whole, or cut fruits and vegetables
(Note: white potatoes and herbs are not allowed)
- Plain salad mixes, coleslaw, and greens in a bag
- Plain fruit or plain vegetables in any container
- Fruits and vegetables do not have to be locally grown

NOT ALLOWED:

- White potatoes**
(i.e. Idaho, Russet, Golden, Red, etc.)
- Items from the salad bar, party platters or trays, fruit baskets, decorative vegetables and fruits, dried fruit, dried vegetables, herbs, and spices
- Nuts, including peanuts, fruit-nut mixtures
- Bagged fruits and vegetables with dips, dressings or other ingredients

CANNED TOMATO PRODUCTS

ALLOWED:

- Any brand
- Metal cans only
- Any size
- Pastes, purees, whole, crushed tomatoes
- Salsa (without added sugar, fats, oils)



NOT ALLOWED:

- Soups, sauces (pizza, spaghetti, or tomato), stewed tomatoes, diced tomatoes
- Added sugars, seasonings, fats, oils

Call your local WIC Office
if you have any questions or concerns.

CANNED VEGETABLES

ALLOWED:

- Any brand
- Any plain vegetables or plain mixed vegetables (without white potatoes)
- Metal cans only
- Any size
- Regular or low sodium

NOT ALLOWED:

- White potatoes, sweet potatoes, yams, sauerkraut
- Pickles or creamed vegetables (including corn)
- Baked beans, pork and beans, black beans, black-eyed peas, garbanzo beans, kidney beans, lima beans, pinto beans, navy beans, soybeans, split peas, lentils, other mature legumes
- Soups, ketchup, relish, olives
- Products with added sugar, fats, oils, condiments

FROZEN VEGETABLES

ALLOWED:

- Any brand
- Any plain vegetable or plain mixed vegetables (without white potatoes)
- Any package type (bag, box)
- Any size (except single-serving packages)
- With or without salt

NOT ALLOWED:

- White potatoes, French fries, hash browns, tater tots, other shaped white potatoes
- Vegetables with sauces, like cheese sauce or any other type of sauce
- Seasoned, flavored or breaded
- Products with added sugar, fats, oils, condiments
- Vegetables mixed with pasta, rice, or any other ingredient

CANNED FRUIT

ALLOWED:

- Any brand packed in water or juice
- Any plain fruit or plain mixed fruit (except fruit cocktail)
- Metal cans only
- Any size (except single-serving packages)
- Products with artificial sweeteners



CHOOSE CANS THAT SAY:

- “In its own juice,” “in pear juice from concentrate,” “in unsweetened pineapple juice”
- “Naturally sweet”
- “100% pure fruit and juice,” “100% natural”
- “No sugar added,” “unsweetened”

NOT ALLOWED:

- Fruit cocktails, cranberry sauce, pie fillings
- Products packed in syrup (heavy, light, naturally light, extra light, etc.)
- Added sugar, salt, fat, oils
- Single-serving packages

FROZEN FRUIT

ALLOWED:

- Any brand with no added sugar
- Any plain fruit or plain fruit mixture
- Any package type (bag, box)
- Any size

NOT ALLOWED:

- Ingredients other than fruit (including sugar)
- Products packed in tubs